

HEALTHY HOMES PROGRAM BENEFITS

Families participating in the Healthy Homes Program receive free cleaning supplies. In addition, families gain awareness, education and training about household environmental pollutants leading to improved health and quality of life.

Receipt of Free Supplies

Depending on eligibility, families may receive the following supplies:

- ☀ Green kit (includes scrubbing pad, rags, baking soda, vinegar, Murphy's oil soap, and spray bottle)
- ☀ Dust-free impermeable mattress covers
- ☀ Dust-free impermeable pillow covers
- ☀ Smoke detectors
- ☀ HEPA vacuum/filters (Eliminates particles and irritants that regular vacuums can not)

Increased Awareness and Knowledge

Residents and property owners/managers will become aware of household environmental pollutants, including, tobacco smoke, lead, mold and mildew and learn about the advantages of lowering their health risk factors.

Training

Home improvement training for participating property owners/managers may include training in the following areas:

- ☀ Electrical repair
- ☀ Carbon monoxide detection
- ☀ Plumbing
- ☀ Cleaning procedures

Health Improvements

Healthy Homes Program intervention and education may result in improved health and quality of life by reducing the following:

- ☀ Emergency room visits and hospitalizations
- ☀ The need for certain asthma medication
- ☀ School absenteeism among children

RESOURCES

Child Health Disability Prevention (CHDP)
(562) 570-4222



Childhood Lead Poisoning
Prevention Program (CLPPP)
(562) 570-4210

Household Hazardous Waste Round-up
(562) 570-2876 or
(888) 253-2652

Housing Inspection Program
(562) 570-4132

Rats, Roaches, Vermin and other Pests
(562) 570-4132

Poison Control Center
(800) 876-4766

Child Abuse Hotline
(800) 540-4000



Allergy and Asthma Network/
Mothers of Asthmatic, Inc.
(800) 878-4403

American Lung Association
(800) LUNG-USA

US Department of Housing
and Urban Development (HUD)
www.hud.gov/healthy/mainmenu.html
1 (800) HUDS-FHA

US Environmental Protection Agency (EPA)
www.epa.gov/children/
1 (877) 590-KIDS

Department of Health & Human Services
BUREAU OF ENVIRONMENTAL HEALTH
Healthy Homes Program
2525 Grand Avenue
Long Beach, CA 90815
www.ci.long-beach.ca.us/health



For more information, please call 562-570-4089



Healthy Homes

Department of Health
and Human Services

Bureau of
Environmental Health

Working Together To Serve



HEALTHY HOMES INITIATIVE

The Long Beach Healthy Homes Initiative is a program administered by the Long Beach Department of Health and Human Services in coordination with The Children's Clinic, Conservation Corps of Long Beach, Families in Good Health, Long Beach Unified School District, St. Mary Medical Center, the American Lung Association, retail home improvement organizations and financial institutions.

The Healthy Homes Initiative is designed to control or eliminate household hazards leading to asthma, lead poisoning and unintentional injuries. The program identifies the homes with children at greatest risk for asthma and provides education on the prevention and/or reduction of household hazards.

In addition, the Healthy Homes Initiative, in collaboration with the Department of Housing and Urban Development, identifies and develops indicators and effective interventions to assist in the formulation of a national model for communities that might benefit from similar programs.

CHILDHOOD ASTHMA

Asthma is the most common chronic childhood disease, affecting about five million children under the age of 18 in the United States. If children with asthma are exposed to triggers every day, their airways are almost always inflamed and/or irritated, making it hard for them to breathe. Children's lungs remain sensitive to triggers that can aggravate asthma regardless of the severity of attacks.

The most common triggers to allergies are dust mites, cockroaches, animal dander (tiny scales of animal skin), mold, pollen, exposure to tobacco smoke, or very cold air. Allergy tests can determine a child's asthma triggers. Asthma can be controlled through avoidance of exposure to known asthma triggers, awareness of symptoms, and proper use of asthma medication.

HEALTHY HOMES PARTICIPATION

Families interested in participating in the Healthy Homes Program must meet the following criteria:

- ✧ Presence of children with asthma age 18 or younger
- ✧ Be of low/very-low income
- ✧ Reside in an affordable housing unit/building in zip code 90813

HEALTHY HOMES PROGRAM SERVICES

Upon enrollment in the Healthy Homes Program, families participate in the following services:

- ✧ Interviews and Health Assessments
- ✧ Housing Inspections
- ✧ Testing of Gas and Electric Appliances
- ✧ Medical Case Management and Referrals
- ✧ Health Education and Community Outreach
- ✧ Home Repairs and Temporary Relocation



Interviews and Health Assessments

Families participating in the Healthy Homes Program are interviewed to determine the following:

- ✧ Health histories of children with asthma
- ✧ Number of children age 18 and under
- ✧ Medical Provider
- ✧ Family income

All personal information is kept strictly confidential.

Housing Inspections

The Healthy Homes Specialist conducts a housing inspection and tests for common indoor pollutants, including the growth of mold and mildew. The inspection includes, but is not limited to, the following:

- ✧ Condition of carpet/floor covering
- ✧ Condition of walls and foundation vents
- ✧ Condition of window panes/windows, including proper operation
- ✧ Peeling interior/exterior paint

Testing of Gas and Electric Appliances

The Healthy Homes Program coordinates with the Gas and Electric Department to provide a Field Service Representative to test gas heaters, furnaces, and stoves free of charge.

Medical Case Management and Referrals

The Public Health Nurse identifies children who are not currently receiving health care services and refers them for medical care. Case management services may include:

- ✧ Monitoring of blood lead levels and treatment
- ✧ Nutrition education
- ✧ Referral to the child's health care provider
- ✧ Regular medical testing

Health Education and Community Outreach

The Healthy Homes Education/Outreach Specialist provides families with educational sessions. This education includes:

- ✧ Asthma education
- ✧ Identification of housing-based hazards
- ✧ Identification of the connection between household hazards and health

Home Repairs and Temporary Relocation

Based on the results of the housing inspection, the Healthy Homes Specialist requires that any necessary repairs to the housing unit be completed. Some repairs are the responsibility of the property owner, other repairs are provided free of charge by the Healthy Homes Program.

For safety reasons, lead hazard cleaning activities require that an apartment/building be vacant when cleaning activities take place. Tenants receive written notice, in advance, if temporary relocation is necessary.